



UCOOK

Pork & Butternut Half-moons

**with a charred corn salsa & a parsley
butter**

Juicy pork schnitzel is fried until golden and doused in a parsley-butter basting. Sided with roasted butternut half-moons and a lemony charred corn & cucumber salsa. Simply delicious!


Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Thea Richter

 **Simple & Save**

 **Waterkloof | False Bay Cinsault / Mourvèdre
Rosé**

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Ingredients & Prep

1	Butternut Whole <i>rinsed, deseeded, peeled (optional) & cut into ½ a cm thin half-moons</i>
40g	Corn
150g	Pork Schnitzel (without crumb)
3g	Fresh Parsley <i>rinsed & roughly chopped</i>
50g	Cucumber <i>rinsed & roughly diced</i>
10ml	Lemon Juice

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Butter

1. ROASTED BUTTERNUT Preheat the oven to 200°C. Spread the butternut half-moons on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

2. CHARRED CORN Place a pan over high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. GOLDEN PORK When the butternut has 5-7 minutes remaining, return the pan to medium-high heat with a drizzle of oil. Pat the schnitzel dry with paper towel. When hot, fry the schnitzel until golden and cooked through, 30-60 seconds per side. In the final minute, baste with 20g of butter and the chopped parsley.

4. QUICK SALSA In a bowl, combine the charred corn, the diced cucumber, the lemon juice (to taste), seasoning, and a drizzle of olive oil.

5. DINNER = SERVED Plate up the butternut half-moons. Side with the corn salsa and the schnitzel doused in the parsley butter. Time to dine, Chef!



Chef's Tip

Air fryer method: Coat the butternut half-moons in oil and season. Air fry at 200°C until cooked through, 15-20 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	327kJ
Energy	78kcal
Protein	7.8g
Carbs	8g
of which sugars	1.6g
Fibre	1.3g
Fat	1.2g
of which saturated	0.4g
Sodium	106mg

Allergens

Dairy

Cook
within 2
Days